



# Swiss Turners Cheer Team



## CHEER TEAM PHILOSOPHY & OBJECTIVES :

Our philosophy is to create a positive competitive experience for team members helping them to embrace and enjoy individual growth through the development of the 'cheer spirit'. The coaches at Swiss Turners believe in teaching with progressions for three main reasons. The first being to create a memory of movement. It is essential that cheerleaders develop a memory of movement so they know how their body reacts each time a stunt is performed. The second reason for teaching with progressions is to protect the cheerleader. By teaching the easier stunts the cheerleader gets a real understanding of the risks involved with each stunt and also helps determine the ability level of the cheerleader. Finally, teaching with progressions protects the coaches. Our coaches are responsible for every cheerleader and will look after the best interest of each cheerleader to assure that the proper care and attention is given to each of them. We will structure practices so that your cheerleader can handle them, considering their academic day and their physical endurance. We will also recognize the desire as well as the sacrifices that they are making for the team. Swiss Turners Cheer Coaches are committed to their team girls and expect team members to be committed to their team. At Swiss Turners we will emphasize improvement and personal development for each team member, not just winning.

## EXPECTED PRACTICE SCHEDULE:

Practices are scheduled to start on the week of **Sunday, April 2nd, 2006**

**White Squad (grades 1st-4th for '06-07 school year):**

- ◇ Friday 5:45-7:15pm (In Mid-May this day will change to Wednesday 5:45-7:15)
- ◇ Sunday 5:45-7:15pm

**Red Squad (grades 5th-9th for '06-07 school year)**

- ◆ Friday 7:15-8:45pm (In Mid-May this day will change to Wednesday 5:45-7:15)
- ◆ Sunday 7:15-8:45pm

## MONTHLY TUITION & TEAM SIGN UP

Monthly tuition is as follows: \$90 per month. Monthly tuition is due in the office by the 1st of each month regardless of attendance. There is a 7 day grace period after which a \$10 late fee will be applied. Team members who are new to Swiss Turners will also owe an annual prorated membership fee of \$15. Families with more than 2 members on team get \$15 off the tuition for the second child.

To sign up for Cheer Team, parents need to fill out a Cheer Team Registration form and a waiver form at the office. All forms must be filled out, signed and returned to the office, and all fees must be paid before your child can begin team practice. Cheer team members will have a mailbox which you will find to your left, up on top, as you come into the building.

## MAKE UPS & TIME OFF

Each team is off two weeks during the year. The first of these weeks is right after the Spring Exhibition when other than the office, the gym completely closes down in order to clean carpets and do major repairs or improvements. The other week for the Cheer Team will either be the last week of August or the week between Christmas and New Years. This will be decided upon by the coach based on the competition schedule and practice needs. These weeks off are figured into the monthly tuition. Holidays are not made up but all other missed practices are. If a practice is missed due to a competition at the gym or sickness, etc., the coach will contact parents with the make up day & time.

## **FUNDRAISING**

There will be opportunities for the cheerleaders throughout the season to participate in fundraising activities. Fundraising will be done to both help the individual cheerleader and the squad as a whole. Funds raised will go 75% into individual accounts and 25% into the general fund. Individual fundraising is not mandatory but fundraising for the squad is.

## **SUMMER CAMP & EXHIBITIONS**

We do plan on going to a summer cheer camp this summer. While it is not mandatory it is highly advised. This year we plan on going to a cheer camp at the Kalahari Resort from July 11-14. We do plan on as opportunity arises to perform at exhibitions and the West Allis July 4th parade.

## **TENTATIVE UNIFORM PRICING**

<b>Shell Top</b>	<b>\$ 65.00</b>
<b>Skirt</b>	<b>\$ 56.00</b>
<b>Body Suit</b>	<b>\$ 25.00</b>
<b>Lettering</b>	<b>\$ 15.00</b>
<b>Shoes</b>	<b>\$ 65.00</b>
<b>Socks</b>	<b>\$ 10.00</b>
<b>Bloomers</b>	<b>\$ 16.00</b>
<b>Team Warm-up - Jacket and pant</b>	<b>\$140.00 (optional)</b>
<b>Team Bag</b>	<b>\$ 35.00 (optional)</b>
<b>Camp Clothes - Includes shorts and shirts</b>	<b>\$ 60.00</b>
<b>Hair Piece</b>	<b>\$ 30.00</b>

**\*As part of the girls training I may be having them get ankle weights (around \$10), I will let you know.**

## **COMPETITION FEES**

Tentatively we are planning to attend 6 competitions in the coming year. Last year we had the opportunity to travel to Minneapolis, the Wisconsin Dells in addition to a few other local competitions. Competition fees cover entry fees and coach's fees. Competition fees can be partly or completely funded by fund-raising opportunities as a member of the Swiss Turner's Cheer Team Booster Club. The cost for competitions will vary from competition to competition and might also include an additional cost of lodging and transportation.

## **CONTACT INFORMATION**

**SWISS TURNERS Phone Number & Website :**

**(414)- 321-4340 / [www.swissturners.com](http://www.swissturners.com)**

**SWISS TURNERS MANAGER: Stacy Maloney - 262-366-1590 / [stacy@swissturners.com](mailto:stacy@swissturners.com)**

**SWISS TURNERS Cheer Coaches Contact Information:**

**Lindsey Biltz:414-737-0271 / [swissturnerscheerextreme@yahoo.com](mailto:swissturnerscheerextreme@yahoo.com)**

## POLICY AND RULES

### Practices:

Because cheerleading is a team sport where each member is dependant upon the other, it is essential for your daughter to attend practices on a regular basis. If you do need to be absent, we would appreciate it if you would pick up an 'Absence Notice' from the office and fill out why and when your daughter will be gone. Two weeks before competitions, absences are unacceptable. Absences may result in your daughter not being allowed to compete at the following competition or result in complete cancellation of the competition. Either of which would be up to the coaches discretion. Moreover, an excessive number of unexcused absences from practice may result in dismissal from the team. We understand that families can be very busy but please keep in mind that our time in the gym is very valuable and each girl is making a commitment to her team. Developing team commitment and dedication are great qualities for children to acquire!

We have established rules at the gym and expect everyone to follow them. Disregard for these rules is proper cause for dismissal from the cheer team. The rules are as follows:

- Proper practice clothes must be wore at all practices
- No street shoes are to be worn on the gym floor
- Gym shoes used at practice must clean and not worn outside during winter weather
- No piercings or jewelry are to be worn at practices
- Hair must be properly secured at all times
- No fake or acrylic nails are to be wore and no nails longer than your fingertips are allowed.
- Chewing gum, eating and drinking soda are not allowed at practice
- Disobedience is unacceptable, the following actions are intolerable:
  - temper tantrums
  - profanity
  - disrespect to instructors, like talk backing, eye rolling
  - disrespect to fellow cheer members
  - poor attitude and lack of participation
  - excessive talking and use of cell phones
  - gossiping of any type
- ♦ Leave your problems outside of the gym.
- ♦ **NO TOP DROPS** Policy is to be practiced at all time.
- ♦ Maintain a good G.P.A. throughout the school year. School comes first.
- ♦ Represent Swiss Turners in a positive manner at all times.
- ♦ Always use and practice **teamwork** no matter what!!

### Competitions:

- ♦ In addition to the rules above the following are also to be followed at competitions:
- ♦ Be at the designated competition meeting place on time - very important.
- ♦ You must be fully dressed and ready to go at the competition site.
- ♦ Hair is to be properly done and ready at competition.
- ♦ Everyone is to be present at award ceremonies, (or okayed by coach).
- ♦ Parents are not allowed in the warm up area at the competition.

\*This copy is for your use, please sign and tear off the following copy and hand in to the coach.

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Parents Signature \_\_\_\_\_ Date \_\_\_\_\_

Child's Signature \_\_\_\_\_ Date \_\_\_\_\_

